

**Exhibit F- Professional Notes from North Suffolk Mental Health Association**

**EXHIBIT 4- North Suffolk Mental Health Association-Notes-11 items**

NORTH SHORE MENTAL HEALTH ASSOCIATION

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## INITIAL ASSESSMENT

Client Name Sonia Fernandez Med. Rec. # 82147501  
 Date 4.7.03 DOB 10.22.65  
 Clinician B. Manning, LCSW Program Chelsea

Payer: ☒ Insurance ☐ Self Pay  
☐ Contract Eligible ☐ Application Pending

## IDENTIFYING DATA: (age, marital status, living situation, employment status, language)

Sonia is a 37 year old divorced mother of 3 living in Revere. Currently lives with one 13 year old son and an 18 year old daughter. She is bilingual. She grew up in Chelsea. Client is in chronic pain due to accident in August, 2002. Had 2 torn discs - had a fall at work + 'on workmen's comp. Former a police officer in Revere.

REASON CLIENT SEEKING SERVICES: Client reports that her insomnia (3 yrs.) she see someone. "I don't care about anything concerning myself". Chronic mood instability depression & numbness. Sleeps 5-6 hr/week. Chronic back pain from shooting range. eating instability. p self care. (occasionally naps 2X week - 2 hr).

## HISTORY OF PRESENT ILLNESS: (include current symptoms and functional levels) In 1996-1997

Saw a psychiatrist at BI but not comfortable w/ her. Saw Elise Paula + not comfortable w/ her. EBNHCC - Saw Nancy Aranoff. (good relationship) Lawsuit pending against City - Only Lorna in force. 1995 went to Police Academy - + become Revere cop. Associated Degree in Criminal Justice 1993 GED completed. EB Adult Ed Center 1985 (over)

## PSYCHIATRIC HISTORY: (include past TX, hospitalizations, and medications)

Psychiatric Hospitalization ☐ Yes ☒ No

Hospital	Dates	Reason for Admission	Outcome

SUBSTANCE USE HISTORY: ☒ None ☐ Denies use ☐ Denies abuse  
☐ Current or history of use/abuse (include TX, detox, drug of choice, age of first use, pattern of use)

\* family history: mother 15 when gave birth to client. Client has 1 sister + one brother + one half sister from father's side + maybe a half brother.

"Tough relationship" "Too much discipline" didn't like choices he made - Brother's father was abusive w/ knotted cords, & almost broke nose 7-8. Kissed her as a child - on mouth & mother walked in just in time, "client was frozen" mother didn't protect her - Threw him out + took him back 2 weeks later. Thl my mom - no S/A again client protected

### Symptoms

accident when she had her mind on her child client slipped jump at work said she "faded it" Accident happened <sup>on blue is.</sup> last year 8/02. Took a leave for 7 mo. in 2001 <sup>(prior to accident)</sup> due to panic attack + not sleeping + depression + that is when she went to BI <sup>(for many)</sup>. <sup>at home</sup> a lot of fighting, chaos, <sup>environment now.</sup> chronic panic attacks, <sup>also say has</sup> discrimination case (has 2 attorneys) - Media Cont) is hounding her which hopefully will be resolved in civil court.

worked in a hostile environment; police officers made fun of her after she spoke up about latinos + discrimination. Aspects of work she really enjoyed like working w/ civilians + helping people but told clinician about witnessing gruesome murders + suicides + "the smell of death" which she continues to re-experience. Says she never told anyone about image of decapitated man who shot himself in the face, etc. Police officer (supervisor) very hostile. Client experienced harassment due to hearing disability.

Client Name Sonia Fernandez Medical Record # 87 14 8501 3.

## MENTAL STATUS:

Appearance: ☒ Well Groomed ☐ Unkempt

Behavior: ☒ WNL ☐ Preoccupied  
☐ Hyperactive ☐ Withdrawn ☐ Agitated ☐ Bizarre

Thought/Speech: ☐ WNL ☐ Memory Impairment ☐ Flight of Ideas  
☐ Paranoid ☐ Concentration Impairment ☐ Loose Association  
☐ Delusions ☒ Obsessional ☒ Pressured Speech  
☐ Hallucinations/Auditory ☐ Visual, Tactile

Mood, Affect: ☐ Full range ☐ Sad ☐ Euphoric ☐ Angry  
☐ Inappropriate ☒ Flat ☐ Depressed ☒ Anxious

Insight: ☒ Age appropriate ☐ Limited ☐ None

Judgement: ☒ Good ☐ Fair ☐ Poor

Impulse Control: ☒ Good ☐ Fair ☐ Poor

Orientation: ☒ Time ☒ Place ☒ Person

Other please comment

## DIAGNOSTIC FORMULATION:

Sonia is a 37 year old mother of 3 who lives in Chelaca + is currently receiving workmen's comp for a disc injury while at a shooting range. accident happened 8/02. Client reports symptoms of intrusive ideation, <sup>panic attacks</sup> numbness, sleep difficulties, mood instability, poor self care, + passive suicidal ideation w/ no plan associated with gruesome experiences as a police officer over the course of 5 years. Client reports a hostile environment due to discrimination being the only latina + a subsequent lawsuit which is currently pending.

## DSM IV DIAGNOSIS:

Axis I 309.81 due to her treatment at work. client  
 Axis I Secondary \_\_\_\_\_

Axis II 799.9 Axis II Secondary \_\_\_\_\_

Axis III ulcers, back injury Axis IV \_\_\_\_\_  
hearing impaired

Axis V Current 45 High (12 months) 50 Low (12 months) 45

Clinician Signature Mary Manning Degree/License LCSW Date 4.7.03

reports a positive therapy experience 2 years into her work but subsequent experience was not as helpful. She has returned hoping to feel better + decrease her symptoms. goal is to stabilize + see for supportive therapy. Med eval has been filled out. Client reports  $\phi$  history of anxiety + depression prior to work (Dan Manning, used as officer -



Client's Name: Sonia Fernandez Medical Record No.: 8214 85-01  
 Program: C



## OUTPATIENT PROGRESS NOTES

MONTH/DAY/YEAR	Client's Name and Medical Record Number must be written clearly on both sides of every sheet. All notes must be written in ink, signed with the writer's name and credentials. Include month/day/year for all entries.
	<p>finding small ways to self soothe.</p> <p>A Depressed + sad. <sup>SI GH not psycho</sup> Klonopin helps her sleep. Worried about <sup>traumatizing</sup> therapist's safety in pm when she leaves.</p> <p>P 2x mo. Will call her if next week is available.</p> <p>(Brain training u/su)</p>
5-5-03	<p>Sonia seen. Feeling overwhelmed by relationship w/ A.J. Felt like hitting him when he mentioned <sup>some</sup> sexual comments but didn't "because I was drunk".</p> <p>Feels hypervigilant and unsafe around upcoming court case w/ police department. Worries someone will try to "kill" her for speaking up. Afraid of "a riot" if word leaks out about the rampant racism she experienced.</p> <p>O we talked about what she can do to make things less overwhelming &amp; manageable. She recalled many instances in which she is able to deal</p>

Client's Name: Soma Fernandez Medical Record No.: 82 1485614  
 Program: C



## OUTPATIENT PROGRESS NOTES

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	<p>* mth AD effectively but that sometimes she feels like throwing in the towel and sending him to foster care. We talked about ways to get a break - going to workshop shared.</p> <p>A Depressed + anxious O.S.I. @ H.I. <sup>not</sup> psychotic</p> <p>P. 24 mo</p> <p>(Blair Rhammy, LCSW)</p>
5.14.03	<p>Soma seen T.T. 30. (Scheduling mix up at front desk). Feeling anxious &amp; depressed. Ambivalent about new boyfriend's neediness - wants to be needed but is intolerant of "a spineless man" after he didn't prepare adequately for an exam. Worries when he tells her he <sup>doesn't want to lose her</sup>.</p> <p>a. Worried clinician would think she is 'mean' after explaining interaction w/ her new boyfriend. She says her mom says she is mean. Worries about two sides of her in her professional relationship. We discussed learning more about all her feelings. Reports feeling "comfortable"</p>



Client Name Soma Fernandez Medical Record # 72148501

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## Outpatient Treatment Plan Update

Date 10/1/03**PROGRESS SUMMARY:** (Summary of progress, strengths and limitations, changes in living situation and hospitalizations)

Soma continues to experience anxiety + depression.  
 Afraid for her safety given upcoming ct. case against +  
 River police. Fears retaliation for self + family.  
 Reports feeling numb, overwhelmed w/ family problems

**MENTAL STATUS:** Within Normal Limits: ☐ Yes ☒ No (If No please comment)

Anxious + depressed

**CURRENT RISK ASSESSMENT:** Indicates Risk: ☐ Yes ☒ No (If Yes Plan Required)

**SERVICES:** ☐ CRS ☐ HASH ☐ SupHousing ☐ Day Program ☐ RES ☐ CASP ☐ START ☐ Other

**NEW MEDICAL CONCERNS:** ☐ None reported (If not seen by NS prescriber list all medications)

Primary Care Physician Dr. Jeremy Marcus <sup>Dr. Bastin</sup> Date of last exam 5/1/02  
 Recommended Physical ☐ Yes ☐ No

**DSM IV DIAGNOSIS:**

Axis I 300.02 Axis I Secondary 309.81

Axis II \_\_\_\_\_ Axis II Secondary \_\_\_\_\_

Axis III hearing impaired Axis IV ☐ Social Environment ☐ Educational/Occupational  
back injury ☐ Housing ☐ Economic ☐ Access to Health Care  
☒ Legal ☐ Other

Axis V Current 50 High (12 months) 60-65 Low (12 months) 55

Long Term Goal of TX To stabilize + provide support <sup>ongoing</sup> Target Date 6/1/04

Client Name Sonia Fernandez Medical Record # 8214 8501 10Treatment Plan Service Dates: From 10/11/03 To 1/1/04

Date	<u>10/11/03</u>	Problem	<u>No time for herself</u>
Short Term Goal	<u>cell phone calls during session, focusing on self</u>		Target Date <u>6/1/04</u>
Interventions and Responsible Party	<u>Blair Manning, LCSW</u> <u>50 min 2x mo individual</u>		
Date	<u>10/11/03</u>	Problem	<u>anxiety + depression exacerbated by upcoming court case against + River Police department</u>
Short Term Goal	<u>Sonia will feel able to manage her panic attacks, physical manifestations of anxiety</u>		Target Date <u>6/1/04</u>
Interventions and Responsible Party	<u>Pnechodynamic Therapy</u> <u>Chris Hamon, MD</u> <u>1x mo</u> <u>Blair Manning, LCSW</u> <u>2x mo 50 min individual</u>		
Date	<u>10/11/03</u>	Problem	<u>cell phone safety</u>
Short Term Goal	<u>Client will take necessary precautions to stay safe</u>		Target Date <u>6/1/04</u>
Interventions and Responsible Party	<u>2x mo individual therapy</u> <u>Blair Manning, LCSW</u>		

I participated in the development of this treatment plan and agree to follow it to the best of my ability.

Client Signature X Sonia FernandezDate 10/20/03

Parent/Guardian Signature \_\_\_\_\_

Date 1/1Clinician Signature Blair Manning, LCSWDate 10/20/03

## UTILIZATION REVIEW

Degree/License

Date Approved

Signature


Laura Cullen LICSW11/16/03

Signature

Christopher11-16-03

Signature

[Signature]11/16/03


 Patient Name Sonia Fernandez Medical Record # 82148501  
**NORTH SUFFOLK Mental Health Association**  
**Outpatient Treatment Plan Update**  
 Date 1 / 1 / 04

**PROGRESS SUMMARY:** (Summary of progress, strengths and limitations, changes in living situation and hospitalizations)

Sonia is doing better though continues to struggle w/ panic attacks, depression, negative outlook about her future and fears for her safety given pending lawsuit able to function w/ medication though struggles

**MENTAL STATUS:** Within Normal Limits: ☐ Yes ☐ No (If No please comment) w/ affect labile  
 depressed + anxious.

**CURRENT RISK ASSESSMENT:** Indicates Risk: ☐ Yes ☒ No (If Yes Plan Required)

**SERVICES:** ☐ CRS ☐ HASH ☐ SupHousing ☐ Day Program ☐ RES ☐ CASP ☐ START ☐ Other

**NEW MEDICAL CONCERNS:** ☐ None reported (If not seen by NS prescriber list all medications)

Fell again dislocating her shoulder + injuring her back

Primary Care Physician BI Boston Jeremy Date of last exam 1 / 1 / 03  
 Recommended Physical ☐ Yes ☐ No marcus

**DSM IV DIAGNOSIS:**

Axis I 300.02  
309.81 Axis I Secondary \_\_\_\_\_

Axis II \_\_\_\_\_ Axis II Secondary \_\_\_\_\_

Axis III back injury Axis IV ☒ Social Environment ☐ Educational/Occupational  
☐ Housing ☒ Economic ☐ Access to Health Care  
☒ Legal ☐ Other

Axis V Current 50 High (12 months) 60-65 Low (12 months) 48

Long Term Goal of TX stabilize anxiety Target Date 12 / 31 / 04



**NORTH  
SUFFOLK**  
Mental Health  
Association

Client Name Sonia Fernandez Medical Record # 821425012

### Initial Outpatient Treatment Plan

Long Term Goal of TX TO increase self care + ability to self soothe Target Date 12/31/04

Treatment Plan Service Dates: From 1/11/04 To 4/14/04

Date 1/11/04 Problem very sad + disappointed <sup>can't bear</sup> ~~very~~ <sup>given all the difficult things that have happened to her</sup>  
Short Term Goal Talk about feelings + embrace Target Date 4/1/04  
Interventions and Responsible Party 1x week Psychodynamic Therapy, Dr. Chris Harmon med mgmt  
Strengths and Skills very bright

Date 1/11/04 Problem negative outlook <sup>overwhelmed by family needs - Hard to say no</sup>  
Short Term Goal Sonia will put herself Target Date 4/1/04  
Interventions and Responsible Party 1x week 60 min therapy  
Strengths and Skills

Date 1/11/04 Problem Many recent losses <sup>grief</sup> - anxiety over safety <sup>issues due to legal battle</sup>  
Short Term Goal Bring tears / Sadness in to Target Date 12/31/04  
Interventions and Responsible Party 1x week ind. therapy <sup>therapy + put words to feelings</sup>  
Strengths and Skills good insight, good alliance

I participated in the development of this treatment plan and agree to follow it to the best of my ability.

Client Signature Sonia Fernandez Date 2/23/04

Parent/Guardian Signature [Signature] Date 1/1/04

Clinician Signature Blair Manning, LCSW Date 2/23/04

#### UTILIZATION REVIEW

Degree/License

Date Approved

Signature Anthony P. [Signature] 3-14-04

Signature Laura Gubler LICSW 3/14/04

Signature [Signature] 3/14/04



Client's Name Sonia Fernandez Medical Record No.: 8214850/P17

## OUTPATIENT PROGRESS NOTE

Date: 7/28/03 ☒ Individual ☐ Family ☐ Case Consultation  
☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC  
☐ 30 minutes ☒ 60 minutes ☐ Billable ☐ Not Billable

Data: Sonia seen. Today was her first day of work. Reported nausea + upset stomach. Feels "unwanted". Is doing light clerical duty but still feels responsible for handling problems that arise as a police officer - which adds more stress to her duties. Worries that "Brass" who she faces tomorrow will scream at/humiliate her.  
 Assessment: We discussed plan of how to deal with any abuse. Walk out calmly and go home. Validated.  
 Plan: Plan as normal given how terrible this environment has been.  
2x mo

Clinician Signature Alan Manning Degree/License LCSW

Date: 8/19/03 ☒ Individual ☐ Family ☐ Case Consultation  
☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC  
☐ 30 minutes ☒ 60 minutes ☐ Billable ☐ Not Billable

Data: "I feel like an empty soul". Sonia reports having no time for herself, feeling angry and as if she were to implode because of how many people she needs to take care of and how she has no time for her needs. She reports taking 2-3 Clonazepam and not feeling it (drinks 3 mountain dew's a day). Has trouble sleeping, feels on edge - & desperate at times.  
 Assessment: We talked about self care + using therapy for her needs -  
 Plan: 2x mo + to turn off cell phone. Reported she is engaged.

Clinician Signature Alan Manning Degree/License LCSW



Client's Name Sonia Fernandez Medical Record No.: 821485019



### OUTPATIENT PROGRESS NOTE

Date: 10/7/03 ☒ Individual ☐ Family ☐ Case Consultation  
☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC  
☐ 30 minutes ☒ 60 minutes ☒ Billable ☐ Not billable

Data: Sonia seen. Fearful of retaliation from police officers after her complaint was made public in Boston Herald today. Worries her children are also in danger. Feeling overwhelmed by family problems. Angry and anxious and difficulty focusing.  
 Assessment: Taken on too much error on herself.  
OSI HI not psychotic

Plan: 2X mo

Clinician Signature Alan Manning Degree/License LICSW

Date: 10/20/03 ☒ Individual ☐ Family ☐ Case Consultation  
☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC  
☐ 30 minutes ☒ 60 minutes ☒ Billable ☐ Not billable

Data: Sonia seen. Reported not trusting her own judgement because her mother is always second guessing her and feeling pressured by both men in her life to do what they want. We discussed trusting her gut feeling and doing what is best for her.  
 Assessment: her. new hair color.  
Anxious. OSI HI not psychotic

Plan: 2X mo

Clinician Signature Alan Manning Degree/License LICSW

Client's Name \_\_\_\_\_ Medical Record No.: \_\_\_\_\_



## OUTPATIENT PROGRESS NOTE

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Individual ☐ Family ☐ Case Consultation

☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC

☐ 30 minutes ☐ 60 minutes ☐ Billable ☐ Not billable

Data:

Assessment:

Plan:

Clinician Signature \_\_\_\_\_ Degree/License \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Individual ☐ Family ☐ Case Consultation

☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC

☐ 30 minutes ☐ 60 minutes ☐ Billable ☐ Not billable

Data:

Assessment:

Plan:

Clinician Signature \_\_\_\_\_ Degree/License \_\_\_\_\_

Client's Name Soma FernandezMedical Record No.: 82148561

## OUTPATIENT PROGRESS NOTE

Date: 2/17/04☒ Individual ☐ Family ☐ Case Consultation☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC☐ 30 minutes ☒ 60 minutes☒ Billable ☐ Not billable

Data: Soma discussed feeling of anger (a ticking time bomb) and asking "what she deserves" for staying so long around abusive work environment and if feeling she will never get anything good because her luck is bad. We discussed how this negative thinking, a result of trauma, contributed to anger and being "stuck".

Assessment: SI & HI not psychotic. ↑ Anxious + depressed. Discussed feelings of hope and ability to see her

Plan: 1x week situation how realistically as we talked her children (their behavior) + impact on her sense.

Clinician Signature Maria ManningDegree/License LCSWDate: 2/23/04☒ Individual ☐ Family ☐ Case Consultation☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC☐ 30 minutes ☒ 60 minutes☒ Billable ☐ Not billable

Data: Soma seen. Her uncle died. He was very special... It was hard for her to cry - Has found herself stifling her feelings in fear that she will never stop crying, after all the pain she has been thru. Continues to feel anxious + afraid for her safety + for

Assessment: her children's safety at home. SI & HI not psychotic. Anxious mood.

Plan: 1x week Is finding therapy very helpful + feeling that she can trust therapist with her true feelings of grief +

Clinician Signature Maria ManningDegree/License LCSW

Sadness

Client's Name Sonia Fernandez Medical Record No.: 22148501

## OUTPATIENT PROGRESS NOTE

Date: 3/1/04
☐ Individual ☐ Family ☐ Case Consultation  
☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC  
☐ 30 minutes ☐ 60 minutes ☐ Billable ☒ Not billable
Data: clinical cancelled due to illness

Assessment:

Plan: 3-3-04Clinician Signature Brian Manning Degree/License LCSWDate: 3/1/04
☒ Individual ☐ Family ☐ Case Consultation  
☐ Evaluation ☐ Family Consultation ☐ Collateral ☐ No Show ☐ EC  
☐ 30 minutes ☐ 60 minutes ☐ Billable ☐ Not billable
Data: Sonia seen. Angry & overwhelmed. Has been crying all week and feeling afraid that it will not stop. Set limits on son (oldest) and asked him to move out. Also struggling to set limits on her relationship w/ Todd.Assessment: DSM-IV not psychotic, Anxious/angry mood.Plan: 1x weekClinician Signature Brian Manning Degree/License LCSW



CLIENT'S NAME SONIA FERNANDEZ MEDICAL RECORD NUMBER 82 1485 01

PROGRAM \_\_\_\_\_



## MEDICATION EVALUATION

MONTH / DAY / YEAR

CLIENT'S NAME AND MEDICAL RECORD NUMBER MUST BE WRITTEN CLEARLY BOTH SIDES OF EVERY SHEET. ALL NOTES MUST BE WRITTEN IN INK, SIGNED WITH THE WRITER'S NAME & CREDENTIALS. INCLUDE MONTH/DAY/YEAR FOR ALL ENTRIES.

4/14/03

37 yo HISPANIC ♀ PRESENTS WITH HX PANIC ATTACKS, TANKIETY AND FLASHBACKS / INTERLIVE MEMORIES / NIGHTMARES OF ABUSE AND EXPOSURE TO SEVERE EPISODES OF HUMAN TRAGEDY / MUTILATION DURING HER YEARS WORKING AT A POLICE OFFICE. SHE COMPLAINS OF CRYING SPELLS, ANGER / IRRITABILITY, ↓ PATIENCE WHICH IMPROVES AFTER BEING GRANTED 7 mos off work BUT ARE WORSENING NOW WITH THE PROSPECT OF RETURNING TO WORK AND ALSO 20 PUBLIC LAWSUIT AGAINST THE CITY CHARGING THE POLICE FORCE WITH MULTIPLE ACTS OF HOSTILITY (RACIAL SLURS AGAINST HISPANIC PEOPLE AGAINST CHURCH RESIDENTS, PT BULLIED, MOCKED, AND HARASSED DUE TO PATIENT'S HEARING DISABILITY) PT ALSO FELT OVERWHELMED BY BEING SENT INTO DANGEROUS SITUATIONS ALONE AND WITNESSING MUTILATED BODIES, CHILDREN DYING IN A FIRE, ALL THIS MADE WORSE BY HER COLLEAGUES' COPING MECHANISM OF 'DISRESPECTFUL' HUMOR - DISRESPECTFUL TO CRIME VICTIMS. REPORTS REPEATED PUBLIC HUMILIATION AT WORK BY AN OFFICER THAT EVERYONE FEARS, ↑ OFA DUE TO THOUGHTS OF PAST ABUSE. S I S E C A P S

DEMENTED, DEMANDS OFA - ⊕ ↓ ↓ - - -

⊕ SEET SHADOWS WHEN TIRED, STRESSED, HAS DISCOURAGEMENT IN PROGRESS. AS OF WORK SINCE 9/10/02 BACK



CLIENT'S NAME SOMIA FERNANDEZ MEDICAL RECORD NUMBER 82 1485 01

PROGRAM \_\_\_\_\_



## MEDICATION EVALUATION

MONTH / DAY / YEAR

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PMH PUD MELN

PCP JEREMY MARLW

MEDI

ZURTEC

S/p BACK INJURY 2 DISCS Sep 2002

NKDA

HEARING DEFICIT (R) EAR 20 LEAD POISONING

POLYEN ALLERGY

S/p SURGERY FOR CERVICAL CANNEN '99

Ø LIVER/KIDNEY/THYROID DZ Ø HT/LOC

FREQUENT TENSION HA ARE TO JOB STRESS

PPTX

97 1 yr therapy PT "HEART BROKEN" WHEN THERAPIST LEFT

'00 SAW PSYCHIATRIST + THERAPIST PT BI "POOR ATT"

DX'd ÷ MDD

MEDI

AMBIEN 5-10mg qh

PROPR

KLOMIPR 0.5 t b i d t t i b

H X TRIAZI PAXIL + CLEVERA → SIDE EFFECTS "HA"

VALIUM HEAVY. ALSO HAS TAKEN VALIUM PRN

CRYING SPELLS WITHOUT REASON EXCEPT AT HIGH LEVELS OF STRESS

FH - Depression (M) + (M) 2 SISTERS

SON DX'd ? BLAD RELATNG VS SEIZURE D/O

SH Police officer out of work 5 yrs SINCE

9/02 3 children GEORGE 20, CRYSTAL 18, AJ 13

LIVES ÷ YOUNGEST 2 children FAMILY SUPPORTIVE BUT GUILT-

INDUCING - ACUTE PT OF SELFISHNESS USE ETOH SOCIALLY

NO DRUG USE (F) LIVES IN FLORIDA PT THINKING of

MOVING THERE AND CHANGING CAREER NO MARRIAGE/

CLIENT'S NAME SOMA FERNANDEZ MEDICAL RECORD NUMBER 82 14 85 01

PROGRAM \_\_\_\_\_



## MEDICATION EVALUATION

MONTH / DAY / YEAR

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4/14/03

MSE DARK BLONDE ATTRACTIVE ♀ WELL GROOMED.  
 CASUAL DRESS. A+O X3. MOOD Depressed  
Affect - euthymic SPEECH BILINGUAL NL  
 RATE + VOLUME TPTC - S/LA, AH, INC,  
 F/I, PENDING. S/E/HI ⊕ OCC SEEMS  
 SHADOWED WHEN STRESSED OR TIRED.  
 MEMORY + CONC. NOT FORMALLY TESTED  
 INSIGHT + JUDGMENT - GOOD

IMPRESSION 37yo LATINA WOMAN WITH SYMPTOMS  
 of PANIC, ANXIETY, AND MODERATE Sx of PTSD.  
 FLASHBACKS, NIGHTMARES AND INTRUSIVE MEMORIES  
 of ABUSE AT WORK AND OF WITNESSING HORRIBLE  
 DEATHS/HUMAN VIOLATION. HAS PANIC ATTACKS  
 SEVERAL TIMES A WEEK (MORE WHEN SHE WORKS)  
 ALSO Sx of DEPRESSION POOR SLEEP, LOW  
 ENERGY, ANGER. PATIENT HAS HX CRYING & DEPRESSION  
 BEING RELIEVED WITH ANXIETY WITH ELIMINATED.  
 ALSO FEELS ANGER/IRRITABILITY AND POOR GLEE AS  
 DUE PRIMARILY TO STRESS/ANXIETY. HX SIDE  
 EFFECTS 2 PREVIOUS TRIALS OF 2 SSRIS.

AXIS I PANIC DISORDER

POST TRAUMATIC STRESS DISORDER

CLIENT'S NAME Sonia Fernandez MEDICAL RECORD NUMBER 82.14.85.01

PROGRAM \_\_\_\_\_



### MEDICATION EVALUATION

MONTH / DAY / YEAR

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AXIS II Defense

AXIS III PUD, hx cancer cancer, HEARING DEFICIT

(R) EAR 20 LEAD FOLLOWING BACK INQUIRY

AXIS IV Financial Stress LAWSUIT AGAINST GUY/

FORMER EMPLOYER IN PROGRESS - SINGLE MOTHER - BACK INQUIRY

AXIS V 40

PLAN (1) Kumpin to 1mg bid to 1mg

(2) CONSIDER Antidepressant next visit if  
Sx persist

(3) Continue Individual Therapy + SUPPORTIVE  
PATIENT'S Decision TO live with HOME WORK SCHEDULE

C. Harmon  
HARMON